

Beta Psi Happenings

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FROM THE PRESIDENT...

Happy Holidays Sorors! As we prepare to say goodbye to 2019 and welcome 2020, let us be thankful for life, the sisterhood we've shared, our family, friends and all our blessings from the most high God. Looking back on 2019, Beta Psi has had some trying times, but we managed to participate in Iota Programs and Projects; host interest meetings; attain chapter growth through reinstatement and transfer of former members; partner with local non-profits and fellowship with one another and friends. We kicked 2020 off with a productive Chapter meeting in which we reviewed officers' roles and responsibilities, discussed upcoming projects, and ignited excitement for the year. As you know, the Southwestern Regional Conference is just around the corner, so let's make preparation to attend and make an impact in the Southwestern Region. We have been given the challenge to serve in many capacities at Regional so let's make our voices be heard and our presence known. Lastly, I want to thank you all again for your prayers for my MOI, Henry Mosley, as he continues to go through recovery. I am looking forward to a very successful and productive 2020 Sorority Year!

**NATIONAL
SLAVERY
& HUMAN
Trafficking PREVENTION
M O N T H**

BETA PSI RUSH



On November 23, 2019, Beta Psi Chapter hosted its last RUSH for the 2019 Sorority Year and the Shreve Memorial Library on Pines Rd. The event was well attended with 6 potential members and 4 sorors in attendance. Madam Dean shared with the guests the history of Iota Phi Lambda Sorority, Inc. and the history of Beta Psi Chapter. Each soror shared their vision for Beta Psi and the impact having each of the ladies becoming a member of Iota.

BETA PSI CHRISTMAS GATHERING



On December 23, 2019, the members of Beta Psi Chapter gathered for our annual Beta Psi Christmas Gathering at Copeland's New Orleans Restaurant in Shreveport. Sorors and guests shared in games, singling, and food as we reflected on the many blessing of the year. Members of Beta Psi participated in our annual scarf exchange which was very fun!

SORORS AT THE HOLIDAYS



Soror Janie Samuels spent the holidays with her family and friends. She attended her niece's company Christmas Party with her husband MOI Samuels.



Madam President volunteered at the Rockets over the Red Celebration and took the opportunity to sneak a photo with Mr. & Mrs. Claus. Rockets Over the Red is a free event for the community and visitors to enjoy from two viewing areas – Riverview Park in Shreveport and the Louisiana Boardwalk Outlets in Bossier City!

Rockets Over

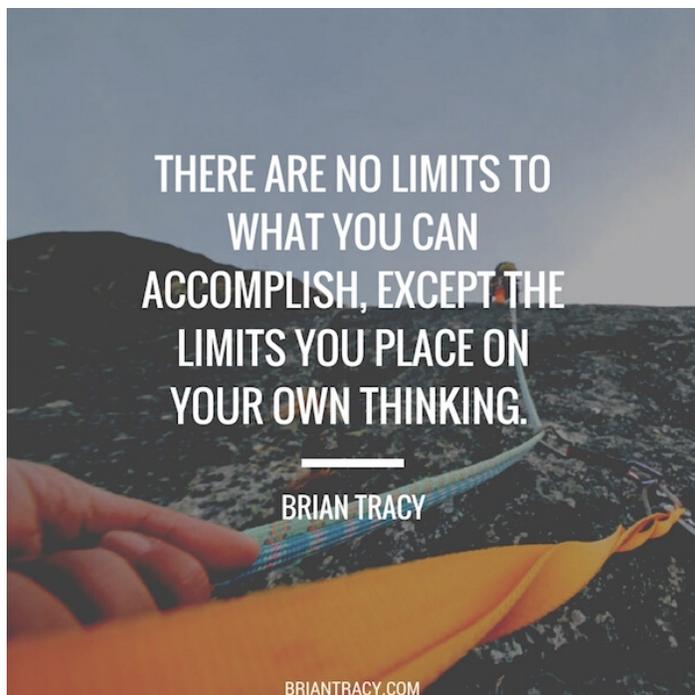
the Red Fireworks Festival is presented by the Shreveport-Bossier Convention and Tourist Bureau, the City of Shreveport, the City of Bossier City, Louisiana Boardwalk Outlets, and Pyromania Fireworks, LLC.

SORORS AROUND TOWN



1. Soror Willie Myers with our essay contest winner Madisyn H. Hicks at Captain Shreve.
2. Soror Janie Samuels at the Paint Your Heart Out meeting. Soror Samuels works with the PYHO committee every year.
3. Soror Janie Samuel with visits with the Eagle Scouts

INSPIRATIONAL WORD



HEALTHY EATING

Pan-Seared Salmon with Kale and Apple Salad



Recipe courtesy of Food Network Kitchen

The star of this dish is the kale salad. It's crunchy, tangy and sweet!

Level: Easy
Total: 40 min
Prep: 20 min
Inactive: 10 min
Cook: 10 min
Yield: 4 servings

Ingredients:

Four 5-ounce center-cut salmon fillets (about 1-inch thick)
3 tablespoons fresh lemon juice
3 tablespoons olive oil
Kosher salt
1 bunch kale, ribs removed, leaves very thinly sliced (about 6 cups)
1/4 cup dates
1 Honeycrisp apple
1/4 cup finely grated pecorino
3 tablespoons toasted slivered almonds
Freshly ground black pepper
4 whole wheat dinner rolls

Directions:

- 1 Bring the salmon to room temperature 10 minutes before cooking.
- 2 Meanwhile, whisk together the lemon juice, 2 tablespoons of the olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.
- 3 While the kale stands, cut the dates into thin slivers and the apple into matchsticks. Add the dates, apples, cheese and almonds to the kale. Season with pepper, toss well and set aside.
- 4 Sprinkle the salmon all over with 1/2 teaspoon salt and some pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-low heat. Raise the heat to medium-high. Place the salmon, skin-side up in the pan. Cook until golden brown on one side, about 4 minutes. Turn the fish over with a spatula, and cook until it feels firm to the touch, about 3 minutes more.
- 5 Divide the salmon, salad and rolls evenly among four plates.



From Food Network Kitchens

BETA PSI BIRTHDAYS

HAPPY BIRTHDAY



Happy Heavenly Birthday to Soror Mamie
Love Wallace - December 5th

MOI Samuels - December 21st

Soror Tanesha Mosley - December 22nd

CALENDAR OF EVENTS

Martin Luther King Day - January 20, 2020
Fredda Witherspoon Scholarship Applications due to
Soror Myers - January 24, 2020
Fredda Witherspoon Scholarship Applications due to
National President-Elect - January 31, 2020
Regional Conference Deadline - January 31, 2020
Beta Psi Chapter Meeting - February 1, 2020



Don't forget Iota
Thursdays!

Southwestern Regional Theme:

"Affirming the Legacy, Bonding in Sisterhood, Committing to Business and Developing Leaders"

National Theme:

"Business and Professional Women Building the Foundation of Generational Financial Wealth"